



AST CANDIDATE SCREENING TEST

U.S. Coast Guard
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Screening Test Instructions

General Description

Successful completion of this test is required for all candidates applying for AST "A" School. There is no limit on the number of re-test but there must be 24 hours between each attempt. Partial tests are not permitted so each re-test must be completed in it's entirety. Testing will be administered by the candidate's supervisor or designated representative. The results must be validated by an E7 or higher within the candidate's chain of command.

When completed

Once testing is complete, email or FAX the grading sheet to:

Non Rate Assignment Officer at Enlisted Personnel Management
CGPSC-EPM-2, currently ASTC Samuel Ariola:
samuel.a.ariola@uscg.mil. FAX: (703)-872-6664

Screening Test Objective

The purpose of this screening test is to ensure that AST candidates meet the minimum strength and conditioning prerequisites required to enter AST School.

Supervisors

Rescue Swimmer training is the most challenging part of AST School, it is extremely physically and mentally tough. Test criteria must be strictly administered to ensure that candidates are adequately prepared to begin AST training. Candidates will repeat this test upon arrival at AST School to verify the results of the initial screen.

Safety Precautions

- Ensure that the test will be conducted in a safe location.
 - Ensure that candidates adequately hydrate prior to the test.
 - Ensure candidates have passed a flight physical.
 - Ensure that safety equipment is present for the swim exercise i.e. life ring, Sheppard's hook etc.
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Screening Test Introduction

Testing Environment:

The following will be required to complete this test:

- Adequate testing area w/pull up bars
 - Grass or dirt surface for performing sit ups – No concrete/asphalt
 - Marked 1.5 mile flat running course
 - Swimming pool
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Prescribed Clothing

The following items are the prescribed PT/Swim clothing:

- USCG shorts and T-shirt
 - Running shoes
 - White socks
 - Undergarments
 - Swim suit
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Special Instructions

- All personnel will be briefed on emergency contingencies and local EMS protocol prior to beginning the test.
 - Test monitors shall remain alert for signs of panic, or extreme fatigue in the pool which might endanger the candidate.
 - The test monitor shall immediately stop the screening and take appropriate action in the event of any safety concerns.
 - Candidates will be instructed to follow directions exactly as dictated by the screening test.
 - Test monitors will thoroughly brief candidates on screening test/re-test requirements prior to each exercise and confirm candidates are ready to begin.
 - The screening events shall be completed consecutively in sequence as listed in this guide. **Candidates will have 1 hour to complete the screening test.**
 - There will be no resting permitted during the performance of the prescribed exercises.
 - Rest periods between exercises are mandatory but limited to 2 minutes.
 - Candidates will be given a 10 minute break for changing into swim gear.
 - Form will be strictly adhered to, when technical failure is reached, the exercise will be stopped.
 - Push-ups and sit-ups have a 2 minute time limit.
-

Screening Test Requirements

Screening Test

The following exercises will be administered in the listed order

Push-Ups

- Perform **40** push-ups in 2 minutes **non-stop**.
- With the hands shoulder width apart, and feet together (see illustration, p.5).
- The arms, back, buttocks, and legs must be straight from head to heels and **must remain so throughout the test**.
- Begin push-ups by bending the elbows and lowering the entire body until the top of the upper arms, shoulders, and lower back are aligned and parallel to the deck (Arms form 90 degree angle).
- Return to the starting position by extending the elbows until the arms are straight. The candidate's feet may not rest against any immovable objects. **The test is ended if candidate touches the deck with any part of body except hands and feet, raises one or both feet or hands off the deck, or fails to maintain back, buttocks, and legs straight from head to heels or if student stops or rests before getting to 40.**
- The test monitor will count out loud each properly executed push-up as the candidate reaches the "UP" position.

Sit-Ups

- Perform **50** sit-ups in 2 minutes **non-stop**.
 - Lie flat on back with knees bent; heels close to buttocks (approximately 10 inches) fold arms across the chest with feet held to floor by partner. Curl upward and touch the elbows to the knees then return to the starting position touching the shoulder blades to the deck. **The test will end if the legs are lowered, the candidate fails to keep feet on the ground, lifts buttock off the deck, fails to keep arms folded across and touching the chest, or fails to keep hands in contact with the chest or shoulders or rests before getting to 50.** (see illustration, p.5).
 - The test monitor will count out loud each properly executed sit-up as the candidate reaches the "UP" position.
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Screening Test Requirements, continued

- Pull-Ups**
- Perform **3** pull-ups **non-stop**.
 - The exercise will be performed by grasping the pull up bar and hanging straight down. Hands should be placed on the bar palms facing away from student, at shoulder width, arms fully extended (see illustration p. 5).
 - Repetitions will be counted aloud by the test monitor for each properly executed pull-up, each time they pull their **chin** over the bar.
 - Candidates will fully extend their arms in between each repetition.
 - Candidates shall not swing, or bicycle their feet as they pull their chin over the bar, and they must maintain a vertical position during the exercise. “Kipping” is not permitted.
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- Chin-Ups**
- Perform **3** chin-ups **non-stop**.
 - The exercise will be performed by grasping the pull up bar and hanging straight down. Hands should be placed on the bar palms facing candidate, at shoulder width, arms fully extended (see illustration p. 5).
 - Repetitions will be counted aloud by the test monitor for each properly executed pull-up, each time they pull their **chin** over the bar.
 - Candidates will fully extend their arms in between each repetition.
 - Candidates shall not swing, or bicycle their feet as they pull their chin over the bar, and they must maintain a vertical position during the exercise. “Kipping” is not permitted.
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- 1.5 Mile Run**
- Shall be completed with in 12 minutes.
- Candidates will follow the run course identified by the monitor.
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- 450 Meter Swim**
- The 450 Meter swim shall be completed within 12 minutes utilizing the crawl stroke only (also called the free style stroke).
- Swim 450 meters **non-stop**, utilizing the crawl stroke.
 - If performed in a pool, candidates may push or kick off the sides during turns. Candidates may not stop during the test (i.e. stand on the bottom of the pool, hold onto the sides, float or tread water).
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- Underwater Laps**
- Candidates must swim four (4) twenty-five (25) meter underwater laps with 90 second rest maximum between laps. Candidate will start at one end of the pool, submerge and swim underwater to the opposite end of the pool. Candidate will rest between underwater laps performing this sequence until four (4) laps are completed.
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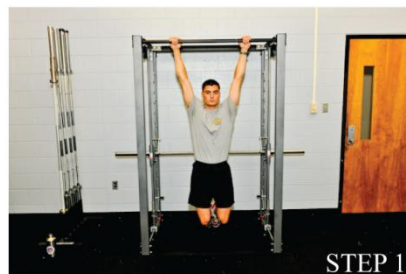
Screening Test Exercise Illustrations



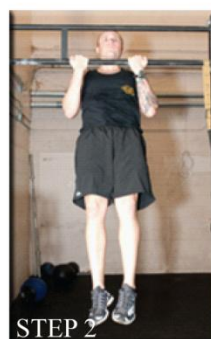
PUSH UP



SIT UP



PULL UP



CHIN-UP

AST Candidate - Screening Test, Grading Sheet

Test Administration

1. Summary of screening test standards:

- Entire test must be completed in sequence, in 1 hour.
- Rest periods between exercises are mandatory but limited to 2 minutes with the exception of time required to change into swim attire (10 min).
- Strong minimums must be demonstrated on this test.
- There will be no rest position for any exercises being tested.
- Form will be strictly adhered to, when technical failure is reached, the exercise will be stopped.
- Push-ups and sit-ups have a 2 minute time limit.

2. Conduct screening test exercises and record scores below:

Exercise	Minimum Standard	Amount Completed	Go/No Go
1. Push-Ups	40 non-stop		
2. Sit-Ups	50 non-stop		
3. Pull-Ups	3 non-stop		
4. Chin-Ups	3 non-stop		
5. 1.5 mile run	12 min		
6. 450 m swim (crawl)	12 min		
7. U/W Laps	4 x 25m w/ 90 sec rest		

Test Monitor Sign Off

I certify that _____ completed the AST Candidate Screening Test with the numbers recorded above, on ____/____/____.

This member is within their Maximal Allowable Weight (MAW) of _____ pounds.

Monitor: _____ Rank: _____

Validated by (*E7 or higher in candidate's chain of command*): _____ Rank: _____

Once complete, email or FAX this sheet only to: AST AN assignment officer at CGPSC-EPM-2
(Currently) ASTC Samuel Ariola : Samuel.A.Ariola@uscg.mil. FAX: (703) 872-6664